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NEWS WORTH SHARING.

"do you feed your chicken growth hormones?!"

KAITLIN M. *Winnipeg, MB*

"Do you use deformed chickens in your chicken nuggets?"

KURTLIN H. *Edmonton, AB*

"what is the recipe for your chicken nuggets?"

NICK R. *Ottawa, ON*

"Do you use chicken breast?"

HEATHER E. *Toronto, ON*

OUR FOOD. YOUR QUESTIONS.™

GET ANSWERS

"Why do all your "McNuggets" look exactly the same?"

BRAYDEN H. *Canada*

"is the chicken real or pink sludge"

LIAM M. *Brampton, ON*

"what parts of the chicken do you use?"

CATHERINE P. *Ottawa, ON*

"Is there any alien in the chicken nuggets?"

SEAN F. *Edmonton, AB*

"what is the recipe for your chicken nuggets?"

NICK R. *Ottawa, ON*

Our answer:
Our Chicken McNuggets are made with chicken breast and a few seasonings, along with a natural proportion of chicken skin, used for both flavour and as a binder. They're then coated in our tempura-style batter and cooked in 100% vegetable oil.

"Why do all your "McNuggets" look exactly the same?"

BRAYDEN H. *Canada*

Our answer:
Hi there, Brayden. Look closer: our Chicken McNuggets aren't quite the same. We actually have four different shapes of McNuggets – the ball, boot, bell and bow-tie. The reason that we make our Chicken McNuggets similar in dimension is to ensure consistency. Consistency of shape guarantees portion control and consistent cooking times for food safety.

"Is there any alien in the chicken nuggets?"

SEAN F. *Edmonton, AB*

Our answer:
There are no aliens in our Chicken McNuggets, Sean. Our McNuggets are made of seasoned chicken breast and a few seasonings, along with a natural proportion of skin for flavour and as a binder. The only thing out of this world about our Chicken McNuggets is the flavour.

"Do you use deformed chickens in your chicken nuggets?"

KURTLIN H. *Edmonton, AB*

Our answer:
No, deformed chickens are not used to produce any of our products.
All McDonald's chicken products are produced in a federally-registered facility. As such, the Canadian Food Inspection Agency inspects all birds processed in the facility, removing any deformed birds from the process and ensuring that they do not enter the food chain. Thanks for your question, Kurtlin.

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"what parts of the chicken do you use?"

CATHERINE P. *Ottawa, ON*

Our answer:
The delicious ones, Catherine! We use only the breast, thigh, and leg in our sandwiches and McNuggets. Here's how it breaks down specifically: For Chicken McNuggets – chicken breast and a natural proportion of chicken skin; for McChicken – chicken breast, thigh and leg; for Junior Chicken – chicken breast, thigh and leg; for Crispy McBistro – chicken breast; for Grilled McBistro – chicken breast; for Snack Wrap Chicken, grilled or crispy – chicken breast.

"do you feed your chicken growth hormones?!"

KAITLIN M. *Winnipeg, MB*

Our answer:
Hi Kaitlin. No, the chickens that are used for our product are not raised on growth hormones. The practice is actually illegal in Canada and has been since the 1960s.

"Do you use chicken breast?"

HEATHER E. *Toronto, ON*

Our answer:
Hi Heather. Yes, we use chicken breast in several of our menu items. Our Chicken McNuggets are made with seasoned chicken breast and a natural proportion of chicken skin used as a binder. Our McChicken and Junior Chicken patties are a combination of breast, thigh and leg meat. And our McBistro sandwiches are made from seasoned portions of chicken breast. You can also get chicken breast in our snack wraps and salads. All white meat. All delicious.

"is the chicken real or pink sludge"

LIAM M. *Brampton, ON*

Our answer:
Hi Liam. No, our chicken is not made from pink sludge. All of our chicken products, from our McChicken sandwich to our iconic Chicken McNuggets, are made with real chicken meat from the breast, leg and thigh. Our McNuggets also have a natural proportion of chicken skin as a binder.

VANCOUVER metro®

NEWS WORTH SHARING.

Miller headed back home?

Whitecaps' Scottish striker talking terms with Rangers FC, report claims PAGE 20

First date dos and don'ts

With these tips, you may be able to have a great first date with almost anyone PAGE 17

A WORKOUT WITH PUNCH

FAST & FURIOUS STAR AND MMA FIGHTER GINA CARANO DISHES ON THE TRAINING AND DIET REGIME THAT LETS HER KEEP UP WITH THE ROCK PAGE 16

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TWISTER WREAKS HAVOC

A woman carries her child through a field near the collapsed Plaza Towers Elementary School in Moore, Okla., on Monday. A tornado as much as 1.6 kilometres wide with winds up to 320 km/h roared through the Oklahoma City suburbs, flattening entire neighborhoods, setting buildings on fire and landing a direct blow on the elementary school. Story, page 8. SUE OGROCKI/THE ASSOCIATED PRESS

Missing B.C. man feared kidnapped

Mystery in Mexico.
Diego Hernandez and his friend vanished on May 8 in Puerto Vallarta

The disappearances of a B.C. man and a U.S. man in the Mexican resort city of Puerto Vallarta have their families frantically searching for information in what they believe could be a kidnapping.

Diego Hernandez, a 22-year-old martial-arts instructor who lived in Coquitlam before moving to Puerto Vallarta two years ago, and his friend and business partner Craig Silva vanished on May 8, just days after Hernandez put together a mixed-martial-arts sporting event in the city.

The pair was last seen in Silva's truck, a black 2003 Chevy Trailblazer, which has since been recovered by Mexican authorities.

Reached in Puerto Vallarta, Hernandez's mother, Melissa Canez, said her son and Silva had been planning to withdraw money from Silva's account to pay for some of the event's expenses. Soon after they obtained the money, they dropped off Silva's girlfriend at a local university and intended to pick her up after class, she said.

Diego Hernandez FACEBOOK.COM

Canez said she suspected the two men had been kidnapped when she was told the next day that they did not return to pick up Silva's girlfriend.

"They're both martial-arts instructors, they're disciplined individuals," she told The Canadian Press in a phone interview on Monday.

"As soon as she said they hadn't come back and they didn't answer their phones, for me, I knew somebody had my son against his will because he would not do that. He wouldn't just take off."

The online newspaper Noticias PV says Puerto Vallarta's director of public safety, Silvestre Chavez, didn't learn of the men's disappearance until five days later and has launched an investigation.

Canez said her son's girlfriend filed a missing-persons report within 48 hours.

Hernandez's girlfriend also received a call from someone who claimed he saw the two men being arrested by municipal police on the same day they went missing, Canez said.

"Of course that changed everything because then it's like, 'What are you talking about?'" she said.

THE CANADIAN PRESS

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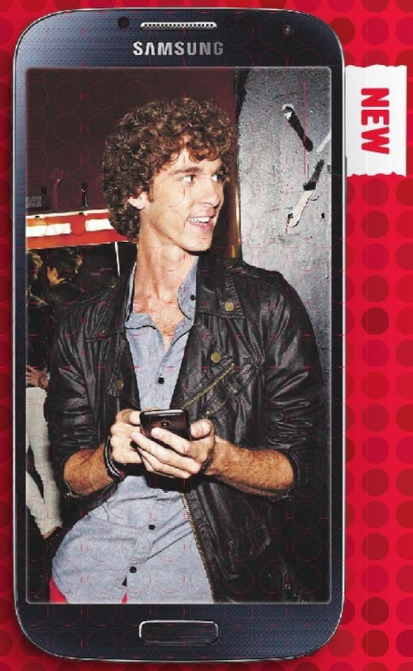

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Needle distribution

Drug users suing Abbotsford

Pivot Legal Society plans to take the City of Abbotsford to court.

The social advocacy group's lawyer, Scott Bernstein, will be filing a lawsuit and human-rights complaint against the city Tuesday to argue that a 2005 amendment to its zoning bylaw (prohibiting "harm reduction use") has put drug users at risk.

The lawsuit is being filed on behalf of three illicit drug users and the B.C./Yukon Association of Drug War Survivors.

A media advisory from Pivot states the plaintiffs are seeking declarations that the bylaw violates the Charter of Rights and the B.C. Human Rights Code by denying drug users clean needle distribution and other public-health programs. MATT KIELTYKA/METRO

Travel in a group

Public asked to stay alert in parks

Remain vigilant: That was the warning issued by officials in Coquitlam and Port Coquitlam, after two unrelated incidents in recent weeks.

"Travel with a group if you plan to go into a secluded area, avoid wearing headphones or using other distracting devices," said the City of Port Coquitlam in a statement on Saturday.

On April 23, police responded to an alleged assault near a trail in Port Coquitlam.

Three weeks later, the body of 44-year-old Clifford Arthur Devitt was found on the trails in Colony Farm in. ELIZABETH HAMES/FOR METRO

Calm water, steady footing

A man carries a skimboard Monday as he walks through a tidal pool on the waters of Burrard Inlet of Spanish Banks Beach as the tide comes in.

DARRYL DYCK/THE CANADIAN PRESS

'He is a giant egghead'

Historic campaign crash. Disgruntled NDPers analyze Adrian Dix's leadership style in election post-mortem

Adrian Dix was inside the Hitching Post Restaurant drinking from a mug stamped with twin six-shooters while outside on the old mining town's main street, with dusk starting to cover the mountaintops, his campaign workers were counting potential seats in what appeared to be a shoo-in win.

The confidence of impending victory for Dix's New Democrats on election night was oozing, overflowing — for the party and seemingly most everyone else — on Monday night, less than 24 hours before the polls closed. It was as if Dix's orange NDP campaign bus was running on a tank filled with over-confidence.

But it ran out of gas at polling booths across B.C.

The NDP's unbridled sense that the keys to the gates of power were about to be handed over is similar to the 1996 B.C. election campaign that saw former premier Gordon Campbell's Liberals running as if they were destined for government. They lost to Glen Clark's New Democrats in the last days with Campbell denying he made a deal with the virtually dead Social Credit party to secure faltering right-wing votes.

Embedded campaign reporters and those who packed the bus last week for the NDP's final day and night's push to Hope, B.C., and beyond were there to witness a victory tour. What they got was a historic campaign crash that saw Dix steer the NDP into the ditch and Christy Clark's Liberals cruise to a fourth term.

He wear no shoe-shine

Dix frequently mentioned during campaign stops that he had two suits, but noticed on the first day he mixed up his pants and jackets.

- At one stop, he addressed a Surrey town hall with birthday-cake icing stains on his pants and tie.
- Campaign workers were seen carrying fresh shirts after the cake incident.

"He is a giant egghead," said one disgruntled New Democrat who said the campaign started on a high note but kept sliding downward as the weeks wore on and Clark's Liberals framed Dix as negative and an economic risk.

"He thought he would win a policy war during an election campaign. That proved to be fatal," said the NDPer who spoke on condition of anonymity. "Adrian kept talking about how he had one (crappy) suit and Christy looks like a million bucks."

As the Dix bus pulled out of Hedley and onto the winding Hope-Princeton highway, the first song out of the exceptionally fine bus speakers was Come Together by the Beatles. The irony of the song choice and what was to transpire a few hours down the road was epic. THE CANADIAN PRESS

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Warm summer on the horizon: Forecaster

Heating up. Canadian summers are becoming increasingly warm on average, as normal temps have risen 1.4 C since 1948

Vancouver is in for another sunny summer, but don't expect the dog days of 2012.

This summer will rank among the top 10 warmest in Canadian history, according to a release issued by AccuWeather on Monday. And Vancouver isn't exempt from the good weather.

"The news is good," said Jack Boston, expert senior meteorologist with accuweather.com.

Boston said temperatures in the Vancouver area will average about one degree above normal throughout July and August, when the mercury typically hovers around 17 C.

However, the days should be milder than last summer, when temperatures averaged a stunning 3 C higher than average.

"That's a good chunk above normal," says Boston.

Quoted

"We're going to see a consistently nice weather pattern in July and August."

Jack Boston, AccuWeather meteorologist

The city is also forecasted to receive more rain than last year, but that, too, is a tough record to beat. At just 7.9 mm of precipitation, Metro Vancouver experienced its driest August and September ever in 2012.

Grey skies are predicted to linger this week, but Boston says conditions are likely to improve around the end of May and into early June. Temperatures may drop around mid-June, but, says Boston, "we're going to see a consistently nice weather pattern in July and August."

These latest predictions are consistent with the national trend. Canadian summers are becoming increasingly warm on average, as normal temperatures have risen 1.4 C since communities began monitoring weather patterns in 1948.

ELIZABETH HAMES/FOR METRO

Men play volleyball at Spanish Banks Beach as downtown buildings tower above them in Vancouver on Monday. DARRYL DYCK/THE CANADIAN PRESS

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MLAs to decide on whether to vacate civic council posts

Newly elected Lower Mainland MLAs will have to choose whether to keep their existing civic positions or force voters back to the polls in costly municipal byelections.

City clerks from Surrey, Langley and Delta confirmed there are no legal impediments that would stop a councillor or mayor from also representing a provincial riding in the legislature.

But things could get complicated if Langley mayor Peter Fassbender, Surrey councillor Marvin Hunt or Delta councillor Scott Hamilton — who all won seats for the B.C. Liberals in last Tuesday's provincial election — are tapped on the shoulder for cabinet positions that would require their presence in Victoria and could lead to conflicts of interest.

Claudia Jesson, Surrey's acting city clerk, said her staff is looking into the Members' Conflict of Interest Act to see if there are any restrictions on cabinet members holding other public offices.

MLA-elect and current Surrey councillor Hunt, who won in the Surrey-Panorama riding, has said he wants to keep his civic post to avoid saddling the city with the cost of a byelection — as much as $800,000.

Jesson said it's hard to say what a byelection would cost and wouldn't provide an estimate, but added it's likely a byelection would require as many voting stations as a general election because Surrey doesn't use a ward system where councillors represent small portions of the city.

"Just the size of our municipality, it's so significant that it would call for probably the same number of voting locations," Jesson said, noting the 2011 general election cost about $800,000.

"But hopefully we won't have to go there," she said.

TYLER HARBOTTLE/THE CANADIAN PRESS, EXCLUSIVELY FOR METRO

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Feeding the body and soul

Dr. Peter Centre. Local chef mixes passion for cooking with compassion for AIDS patients

MATT KIELTYKA
matt.kieltyka@metronews.ca

It's 9 a.m. and a lineup has already formed outside as chef Paul Lundh and his kitchen brigade prep the morning meals.

Lundh, 48, has spent decades honing his craft at high-end restaurants and hotels, so it's not difficult to see why people are eager to find out what he has in store for them today.

But this isn't like any job Lundh has ever had before. The people waiting to get into the cafeteria are all clients at Vancouver's Dr. Peter Centre and Lundh's staff — with the help of a nutritionist — are responsible for keeping AIDS patients satisfied and nourished with two hearty meals a day, seven days a week.

"This is a completely unique environment here," Lundh said during Metro's visit to his kitchen on Thursday. "I'm able to combine my passion for cooking with my compassion for people. It's a lot different than serving hotel guests and people who come in for that ultimate dining experience, spending $40 on the big plate."

That's not to say the quality of the food doesn't compare — it's the ultimate in comfort food.

"We're not pulling up clinical recipes. We brought it up to a new level," said Lundh, the centre's food services manager since August 2011. "The whole kitchen brigade are professional chefs. They've cut their teeth in the industry and we're still cooking real food. There's no hockey pucks for lunch or anything like that."

By 9:30 a.m., the cafeteria is chock full of people eating breakfast (the kitchen feeds about 90 during each service) and buzzing with conversation.

Chef Paul Lundh prepares breakfast at the Dr. Peter Centre on Thursday. JENNIFER GAUTHIER/FOR METRO

The professional twist on the food doesn't go unnoticed or unappreciated.

"The meals are great, very nutritious. They feed you twice a day and it's enough," said David Cossey, 54, a client at the Dr. Peter Centre who has battled drug addiction. "The staff here are great. There isn't anything you can't go to them with and talk about. I've never had that in my life. This place has kept me off drugs. I'm healthy."

The centre utilizes its food services in the same way it does its art or music programs.

"We feel it's necessary for harm reduction, to keep them coming back and keep getting their medications," Lundh said. "So we put a nice meal out there and have friendly staff show them appreciation. They keep coming in, keep on their medications and keep on ticking."

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Elijah Harper. Mourners salute MP who blocked the Meech Lake accord

Elijah Harper THE CANADIAN PRESS

Hundreds lined up inside the Manitoba legislature on Monday to pay their respects to Elijah Harper, the aboriginal politician whose quiet but firm resistance to the Meech Lake constitutional accord became a symbolic moment for indigenous rights.

"He gave us all inspiration to know that it's OK to say no sometimes," says Derek Nepinak, grand chief of the Assembly of Manitoba Chiefs.

Young and old made their way past the casket, adorned with a Manitoba flag and an eagle-feather headdress. Nearby were portraits of Harper with an eagle feather in his hand, similar to the one he held in 1990 when he denied the unanimous consent needed to rush the accord through to final approval.

Harper was elected chief of Red Sucker Lake in the late 1970s and elected to the Manitoba legislature in 1981. He was in the NDP opposition benches during the federal government's 1990 attempt to enact the Meech Lake accord, which had been crafted to win Quebec's signature on the Constitution.

Harper believed the deal gave his people short shrift.

"He stood firmly in his identity, in his roots," Shawn Atleo, national chief of the Assembly of First Nations, told reporters Monday.

"Those of us that are younger, we continue to stand in the shadow of great moments like that. Our work continues."

THE CANADIAN PRESS

Tunisia. Feminist arrested after protest enrages locals

A Tunisian feminist who scandalized her country by posting topless photos of herself online has been arrested after allegedly sneaking into Tunisia's holiest city disguised in a veil, then trying to get undressed during a protest.

On Sunday, Amina Tyler — a 19-year-old member of the Ukrainian feminist group FEMEN, which uses nudity in its protests — passed through heavy security and checkpoints to enter the city of Kairouan, where police were preventing hardline conservative Islamists from holding an annual conference.

There she unveiled her bleached blond hair and cut-off jeans, scrawled "FEMEN" on the wall of a cemetery near the city's main mosque and attempted to take off her clothes, her lawyer Radhia Nasraoui quoted police as saying.

She could be charged with conducting "provocative acts."

THE ASSOCIATED PRESS

Montreal

Queen skewered on Victoria Day

The Queen would likely not be amused by the way Victoria Day was observed in Montreal on Monday.

At a rally of hardcore Quebec nationalists, a handful of people threw darts at a photo of the Queen. Others held up signs saying, "Down with the monarchy" and "Quebec will soon be a republic."

There is little love for the monarchy in Quebec. Monday's public holiday is now known as the Journee nationale des patriotes, to mark a rebellion against the British in 1837-38.

Pierre Veronneau, who made the dartboard, called the royal family "parasites" who "do absolutely nothing."

Like many present, Veronneau hopes for an independent Quebec in his lifetime.

The event attracted at least two politicians: Bloc Quebecois chief Daniel Paille and Jean-Martin Aussant, who heads the small provincial independence party Option nationale.

THE CANADIAN PRESS

Monstrous tornado rips through Oklahoma City suburb, killing dozens

Tragedy. Tornado warnings posted all the way from Texas to Illinois in wake of deadly twister

A woman carries a child near the collapsed Plaza Towers Elementary School in Moore, Okla., on Monday, after a tornado nearly a kilometre wide with winds up to 320 km/h roared through. SUE OGROCKI/THE ASSOCIATED PRESS

A massive tornado nearly a kilometre wide roared through the Oklahoma City suburbs on Monday, flattening entire neighbourhoods and destroying an elementary school with a direct blow as children and teachers huddled against winds up to 320 km/h. At least 51 people were killed, including at least 20 children, and officials said the death toll was expected to rise.

The storm laid waste to scores of buildings in Moore, a community of 41,000 people about 16 kilometres south of Oklahoma City. Block after block lay in ruins. Homes were crushed into piles of broken wood. Cars and trucks were left crumpled on the roadside.

The National Weather Service issued an initial finding that the tornado was an EF-4 on the enhanced Fujita scale, the second most-powerful type of twister.

More than 120 people were being treated at hospitals, including about 50 children. And search-and-rescue efforts were to continue throughout the night.

Tiffany Thronesberry said she heard from her mother, Barbara Jarrell, shortly after the tornado.

"I got a phone call from her screaming, 'Help! Help! I can't breathe. My house is on top of me!"' Thronesberry said.

Thronesberry hurried to her mother's house, where first responders had already pulled her out. Her mother was hospitalized for treatment of cuts and bruises.

Oklahoma Gov. Mary Fallin deployed 80 National Guard members to assist with rescue operations and activated extra highway patrol officers.

Fallin also spoke with President Barack Obama, who declared a major disaster and ordered federal aid to supplement state and local recovery efforts.

Many land lines to stricken areas were down, and cellphone networks were congested. It will take time to establish communications between rescuers and state officials, the governor said.

In video of the storm, the dark funnel cloud could be seen marching slowly across the green landscape. As it churned through the community, the twister scattered shards of wood, awnings and glass all over the streets.

THE ASSOCIATED PRESS

RCMP asked to vet legality of gift to senator

The federal New Democrats have asked the Mounties to determine whether Prime Minister Stephen Harper's former right-hand man broke any laws by cutting a personal cheque to cover an embattled senator's improper housing expenses.

The NDP's ethics critic, MP Charlie Angus, wrote to RCMP Commissioner Bob Paulson on Monday asking the force to look into the actions of Nigel Wright.

Wright abruptly quit his job on Sunday as Harper's chief of staff, days after it emerged that he gave Sen. Mike Duffy $90,000 to repay his housing claims.

Angus says the gift may have broken the law. He added that Harper had a duty to explain to Canadians just what happened.

"We haven't heard the prime minister say that a secret cash payment to a politician is wrong, and whether the prime minister knew, at what point he knew. He must have known something," Angus said.

Sen. Mike Duffy THE CANADIAN PRESS FILE

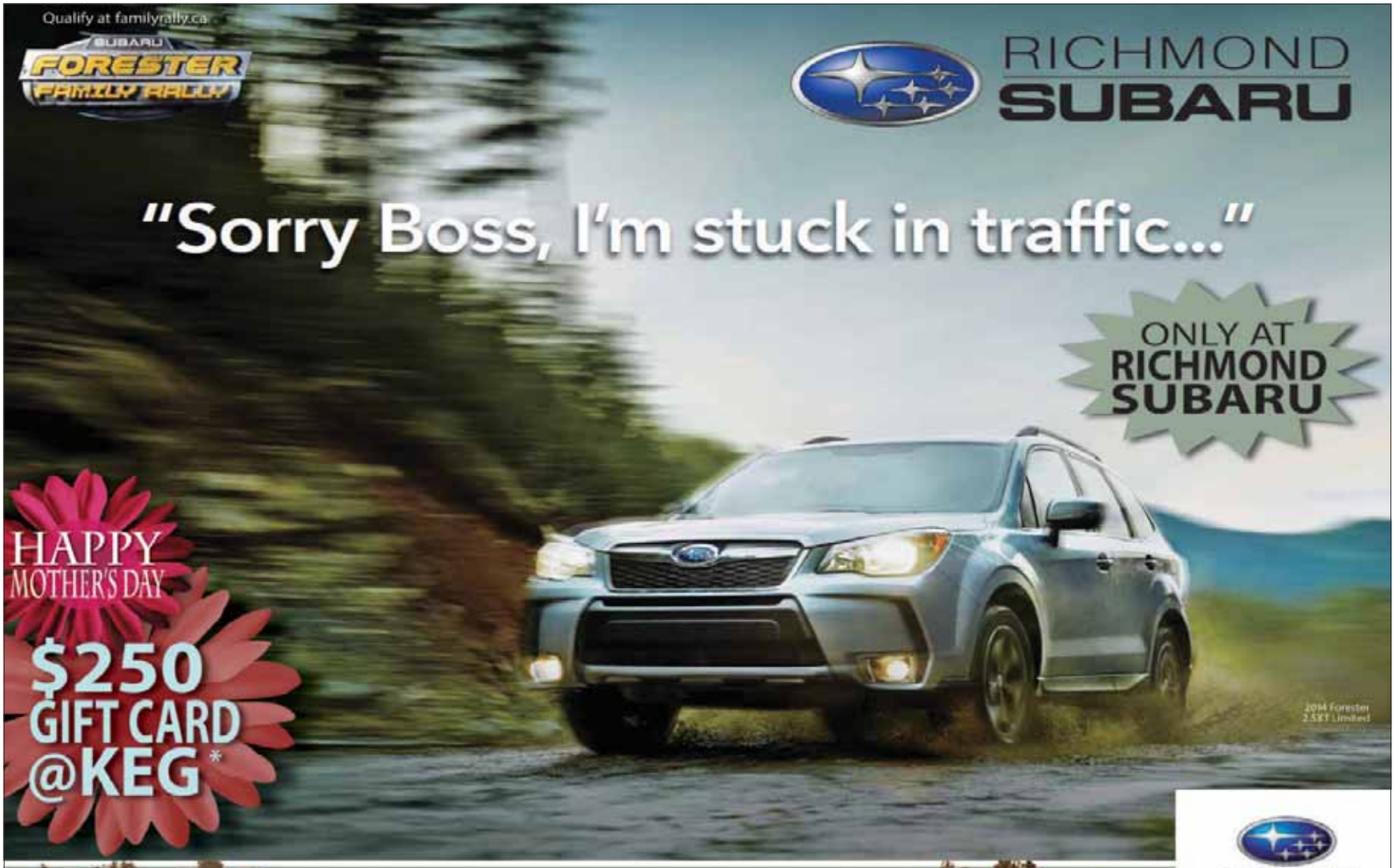
"Because if it happened under his watch and he did nothing about it, that would be absolutely shocking."

Harper is expected to address the Conservative caucus on Tuesday morning before departing for South America to attend trade talks.

Wright's resignation followed that of Duffy, who left caucus on Thursday facing a potentially humiliating showdown with his Senate colleagues. Colleague Pamela Wallin, who is facing her own expenses audit, also stepped down on Friday.

The ethics commissioner is also looking into Wright's repayment of Duffy's expenses.

THE CANADIAN PRESS



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China

Millions of dollars worth of lamb and other meat from New Zealand is stranded on Chinese docks. GETTY IMAGES FILE

Lotsa lamb chops left in the lurch

Hundreds of tons of frozen mutton, lamb and beef from New Zealand have been stranded on Chinese docks after China halted their import due to a certification dispute.

China is New Zealand's largest consumer of sheep meat. It has blocked all New Zealand frozen beef and sheep meat that has arrived in the past two or three weeks, said Dan Coup, trade and economic manager for the Meat Industry Association of New Zealand.

The meat sitting in freezers at the docks is worth tens of millions of dollars. Because it is frozen, it will last months, Coup said.

THE ASSOCIATED PRESS

Yahoo buys Tumblr; CEO makes promise not to 'screw it up'

Social media. Deal is biggest move of Marissa Mayer's 10-month reign

Tumblr founder David Karp speaks at TechCrunch Disrupt NY 2013 on May 1 in New York City. Yahoo has bought Tumblr, but says Karp will remain in control of the social media service. BRIAN ACH/GETTY IMAGES FOR TECHCRUNCH

Yahoo is buying online blogging forum Tumblr for $1.1 billion US as CEO Marissa Mayer tries to rejuvenate an Internet pioneer that had fallen behind the times.

The deal announced Monday is Mayer's boldest move since she left Google 10 months ago to lead Yahoo's latest comeback attempt. It marks Yahoo's most expensive acquisition since the Sunnyvale, Calif., company bought online search engine Overture a decade ago for $1.3 billion US in cash and stock.

While hailing Tumblr as a fount of creativity that attracts 300 million visitors each month, Mayer told analysts Monday that she is "making a sincere promise to not screw it up." David Karp, a high-school dropout who started Tumblr six years ago, will remain in control of the service in an effort to retain the same "irreverence, wit and commitment to empower creators," Yahoo said.

Karp, 26, may now have a managerial mentor in Mayer, 37. Tumblr, which will remain based in New York, has about 175 employees while Yahoo has 11,300 workers.

THE ASSOCIATED PRESS

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MAKING LIFE EASIER FOR GLUTEN-FREE CONSUMERS

Kathy Smart, North America's gluten-free expert at Fresh Street Market, talks about Organika's organic coconut product line and its health benefits.

CONTRIBUTED

Although some label gluten-free as a passing health trend, the reality is that celiac disease affects every one in 133 people in Canada. As awareness grows, countless Canadians are discovering they exhibit symptoms of gluten sensitivity. Fortunately, manufacturers such as Organika Health Products Inc. are easing consumers' path on a gluten-free diet.

According to the Canadian Celiac Association (CCA), gluten damages the surface of the small intestine in individuals with celiac disease. Over time, this results in the inability to absorb nutrients such as minerals and protein, which can lead to anemia, weight loss and fatigue. Those experiencing symptoms can speak to their medical practitioner about a blood test screening and bowel biopsy diagnosis.

Many Canadians have self-diagnosed non-celiac gluten sensitivity. After ingesting gluten, they encounter abdominal pain or headaches, although no intestinal damage occurs and biopsy results are normal.

Celiac and non-celiac gluten sensitive consumers can treat their condition by going gluten-free. Through revised labels, gluten education and new products, Organika makes gluten-free eating easier for consumers across Canada.

As emphasized by the CCA, a major aspect of the gluten-free diet involves meticulously reading labels. Organika has revised more than 400 health supplement labels to include a gluten-free logo.

Through sponsorship of Julie Daniluk, nutritionist and bestselling author of Meals that Heal Inflammation, Organika organizes educational seminars for retailers and consumers. Kathy Smart, North America's leading nutrition expert, chooses Organika's gluten-free coconut products when demonstrating recipes from her gluten-free cookbook, Live the Smart Way.

One of Smart's favourites is Organika's new gluten-free, soy-free alternative to soy sauce. Once organic coconut sap is filtered and boiled, it is simply mixed with sea salt to create Organic Coconut AMI-NOS. Smart agrees that the bold, savoury tang perfectly seasons dressings, stir-frys and sushi.

– Sasha Lallouz

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4 cloves garlic minced
2 tablespoons grated ginger
½ cup Organika®'s Coconut Aminos
2 tablespoons Organika®'s Coconut Vinegar with Raw Honey
1 tablespoon grape seed oil
1 tablespoon organic corn starch
¼ cup water
In a small pot, combine oil, garlic and ginger, sauté over medium heat until soft. Add aminos, vinegar and oil, simmer, slightly boil, and turn down heat. Combine water with corn starch, add to pot and simmer until thick for about 2min.
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WHY CAN'T WE ACCEPT PRAISE?

SHE SAYS

Jessica Napier
metronews.ca

There's a fine art to accepting a compliment graciously. Most people have a tendency to offer up self-deprecating responses rather than acknowledging positive feedback.

Here are a few actual examples that I've overheard in real life:

" Your new haircut looks fantastic. "Seriously? You don't think it's too short? It's definitely too short; I look like a boy."

"I love your new dress." "Oh, I just found it on a rack at Value Village. I swear I only paid $5.99 for it."

"Congratulations on finishing med school!" "Thanks but I have no idea how I pulled that off. I'll probably accidentally sever off an arm or stitch someone's mouth shut in, like, the first week."

Now there's nothing wrong with a little modesty, but it can be problematic when we're constantly deflecting flattery rather than recognizing our own hard work.

In my experience, it seems that women are far more likely than men to rebuff positive attention with a dismissive hand wave or a reciprocal "no you're so great" comment. We've been socialized to value lady-like decorum over boastfulness and as a result, we have a hard time owning up to our talents and achievements.

I rarely respond to compliments in an appropriate manner. I know that I should reply with a heartfelt "thank you" but I'm far more likely to fall back on a sarcastic retort or a "thanks BUT (insert qualifying statement that undermines my success in some way)." I'm working on my graciousness because I know how annoying I'm being when I act like this.

Recently, a friend invited me over to her apartment for a small dinner party. I spent a large portion of the evening remarking on how delicious the food was, but she repeatedly brushed me off and insisted the meal was so easy to prepare that even the biggest kitchen klutz could recreate it. Here was this culinary whiz acting as if she had simply toasted a slice of bread and making me feel foolish for lavishing her with praise.

It sucks to be on the receiving end of a snarky retort when you're trying to offer up kudos for a job well done. I know how frustrating it can be when someone refuses to take admiration seriously or gives you a dismissive eye-roll and yet that doesn't stop me from doing the same thing.

While it might make us feel uncomfortable to acknowledge our own awesomeness, I think it's an important skill to learn. People are usually being genuine when they pay you a compliment and it's only polite to respond in a sincere and courteous manner. Besides, we all deserve to be proud of ourselves and toot our own horn every once in a while.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Sky's the limit for this photog

STEPHANE VETTER/TWANIGHT.ORG

Northern Lights take top award

For the onlooker, a wintry cascade, starry Milky Way and aurora borealis spells a triple treat.

This panoramic image at Iceland's Godafoss waterfall is the overall winner at the 2013 Earth & Sky contest run by The World At Night (TWAN), a project that showcases night-sky photography while underlining the need to prevent light pollution. **METRO**

Q and A

'Make sure to have your feet on the ground and head in the stars'

STEPHANE VETTER
Doctor and amateur photographer, 50

How did you capture this photo?
To photograph something as broad as the aurora, you need to make a panoramic image. So I took four vertical images and later joined them together on a computer program. Each photo had an exposure time of 15 seconds and the entire panorama took less than two minutes to take, but I had to wait three hours for the Milky Way to be near the horizon.

What lasting impression should we take from this?
Make sure to have your feet on the ground and head in the stars. People have lost their relationship with nature, so we must reconnect. **METRO**

Quoted

"This photo has many winning elements: The Earth-sky connection, beautiful stars and outstanding phenomena like the aurora borealis."

Babak Tafreshi, founder and director of The World at Night (TWAN)

Click bait

GETTY IMAGES

The world became a little weirder when Google Glass was unveiled. The augmented reality glasses allow you to do everything your smartphone can do, without having to touch a screen. It's promised to be released by early next year, but comes with a slew of emerging competitors. Watch for these products to launch soon, or fail.

Telepathy One

This device comes with a focus on social media and in its early phase only has a few apps, but among them is the Manga Camera, which converts photos into cartoons that can be posted to Tumblr.

Recon Instruments' Jet

This device is more Robocop-looking than the others, and is targeted to sporty-types looking to measure distance and speed travelled while skiing, for example, and capture video while doing it.

Lumus prototype

The display on this emerging technology utilizes your entire field of vision, but is limited to email, text and web. METRO

Comments

RE: Harper To Be On Hot Seat At Tuesday Caucus After Chief Of Staff Quits, published online May 19

Tsk, tsk, tsk. The Tories are throwing themselves under the bus, again, just like the good old days.

Prime Minister Stephen Harper's appointments are turning into a cement anchor just as the suddenly badly listing Tory ship is looking for a safe harbour to steam towards — and a new captain to get it there. Harper should resign. Tsk, tsk. tsk.

Meanwhile, it looks as though new Liberal Leader Justin Trudeau won't have to do or say a thing between now and the next election to be elected prime minister.

Rudy Haugeneder posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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DVD reviews

Stories We Tell

Director. Sarah Polley

●●●●●

Actor/director Sarah Polley's personal documentary is extraordinary in every way, from its post-modern structure to the raw emotion of its carefully revealed family secrets. Stories We Tell isn't just about any family, but Polley's own. She and her loved ones summon the necessary courage not only to delve into extremely difficult subjects, but also to face up to life-altering consequences. Seeking definitive answers for long-whispered family rumours, and using her film as an investigative tool, the Toronto filmmaker unearths a blunt fact: Michael Polley, the man who raised her since her 1979 birth and whom she still calls Dad, is not her biological father. Stories We Tell is as direct as a blood transfusion. It's a film of fact, remembrance and forgiveness, with no clear path. You just have to trust in Sarah Polley's steely determination and follow her relentless lens. In a word: wow.

PETER HOWELL

The Hangover Part III opens this Friday. HANDOUT

The journey from Dr. Jeong to Mr. Chow

Fixing funny bones. Ken Jeong's comedy began as a hobby, but after some big roles, his success is beyond anything he ever imagined

RICHARD CROUSE
scene@metronews.ca

"I honestly don't think my career will get any better than this," says Ken Jeong. "I think I've peaked."

Jeong returns in The Hangover Part III as Mr. Chow, the violent gangster with a heart of gold. Or at least fool's gold.

"He's a villain who likes to laugh," says Jeong. "Mr. Chow changed my life," he says.

"He opened up a new world for me and I was able to work a lot as an actor because of the first Hangover. Now this is the biggest role I've ever had, in the part that I'm most well known for. You can't ask for better than that.

"This is beyond anything I ever expected. When I quit my day job as a doctor I just wanted to be a working actor. I just wanted to have lines in movies. That's all I ever wanted."

Before finding fame as an actor, Jeong lead a double life — practicing medicine during the day and doing standup at night.

"I wasn't trying to keep (the two lives) separate, like Clark Kent separate," he says. "It was my hobby, my golf. It was a way for me to keep up with the intense hours of medicine. Work hard, play hard mentality."

These days he is in touch with some of his former patients.

"I have patients that I email with or keep in contact with on Facebook and they're always happy for me because I wasn't a wacky, schticky guy when I was a doctor.

"I was pretty intense and pretty serious.

"The stuff I get now from my patients is, 'We're just so happy you have an outlet. You were just so serious. We thought you would explode.'

"When they found out I did standup comedy back in the day when I was practising medicine they'd say, 'I'm so happy for you. You've finally found a way to channel all this stress out.'"

The Hangover Part III is the finale of the series, but Jeong would like to see Mr. Chow go on more adventures.

"Mr. Chow, and I'm not saying this because I'm promoting the movie, is my favourite character," he says. "The spectrum of imagination on that character is so wide.

"I would love to see him in any situation and see what he would say or do. I would love a Chow spin-off. I love that character so much."

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Kristen Stewart. ALL PHOTOS GETTY IMAGES

Twilight twosome splits, but sources say it won't be for too long

Kristen Stewart is reportedly "heartbroken" and "so sad" over the breakup with longtime boyfriend Rob Pattinson over the weekend, according to E! News. But sources close to the newly ex-couple are still optimistic the split is only temporary. "They are going to stay living at Kristen's house because of the dogs," a source says. "It's not fully over or he would have moved out. They will be back together in no time."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Walters, wolves and a weight watch? What a week!

STARGAZING
Malene Arpe
scene@metronews.ca

Barbara Walters announces she's retiring. Unfortunately for Barbara, due to Angelina Jolie's news, this was not the most fascinating announcement of the week.

Kristen Stewart's mother Jules gets a restraining order against a weird neighbour who insists Jules keeps wolves in the house and keeps harassing her about it. Well, if anything, that would explain where Taylor Lautner has been since Twilight ended.

Seth Meyers is set to take over Late Night when Jimmy Fallon takes over The Tonight Show from Jay Leno, who took over from Johnny Carson. "Whew," say women and people of colour, "we dodged another one."

Allure Magazine prints Zoe Saldana's weight on the cover. That's a good editorial decision, because the fact that Zoe is now a star of three major movie franchises is, like, so whatever.

Demi Lovato says her tour rider calls for incense, pickles and instant ramen. Add mayonnaise and that's pretty much a list of all the worst things in the world.

Curry back to us! NBC seeks to suck up as Angelina asks for only Ann

NBC is looking to smooth things over with Ann Curry, the Today show co-host that was unceremoniously dumped from the show last summer, in the hopes that she can score the first sit-down interview with Angelina Jolie following the actress' revelation that she underwent a double mastectomy, according to Radar Online.

"Angelina made it known after Ann was demoted from Today that the only journalist to interview her from the Peacock network would be Curry," a source says. "Ann would be prominently featured in all of the promotions and publicity if Angelina agreed to do it." Looks like it's time for the network brass to make nice with Curry.

Twitter

@justinbieber
I love music, my fans, my family, my friends.. And I love The Lord

@channingtatum
"Go where you are celebrated – not tolerated. If they can't see the real value of you, it's time for a new start." – Unknown

@lenadunham
"Under the right circumstances, I'd love to murder someone" -- something I'm glad I've never said in an interview

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Fighter gets Fast and Furious

Interview. Mixed martial arts pro Gina Carano stars in the sixth instalment of the popular action flick and talks about training and diet rules

ROMINA MCGUINNESS
life@metronews.ca

Gina Carano can beat you in a fight. Deal with it. HANDOUT

Gina Carano as Riley in Fast & Furious 6. GILES KEYTE

You're a tough chick but you look almost petite next to the Rock. What did you do to assert your dominance?
I just fed off his energy. It's kind of an intimidating thing, the size difference. But he's such a lovely person. It just made me want to mirror that kind of energy.

He's big but lovable. Does the guy get manicures between takes? Or does he try to act tough?
He's very mysterious. I'd like to say he's a big softie but he takes himself seriously.

What do you do to stay in shape?
I train everyday. I do Muay Thai and Jiu-Jitsu. You go through phases when you're training: you start out and you're like, "This is brutal." Then you're laughing and think, "This is ridiculous!" By the time you pull it together you get a second wind and you get focused and it's just the best feeling.

All that kicking and punching, you must need a lot of fuel to keep going. What's your diet like?
It's been a long road to get here but I have a very healthy relationship with food. I'm just normal. You go through ups and downs of figuring out how your body responds to food but sometimes you have to cheat and eat some pasta you know? When you start putting too many rules on something you get a bit anal about it and it's counterproductive.

Your co-star Michelle Rodriguez looks like the kind of girl that doesn't take anything. Were you on guard when you first met her?
She is feisty. I've been around feisty people my whole life, so I didn't have any expectations. I gave her a chance to be exactly who she is. We had great chemistry — she's the first actress I've ever worked with physically.

You guys fight a lot in the movie — is it all for real or stunt doubles?
I do all my own stuff but she's quite tiny. I grabbed her wrist to handcuff her and I was like, "What!" She has the tiniest little wrist I've ever seen. But if you don't walk away with some pain, you don't feel like you did your job.

You've worked with both Channing Tatum and Michael Fassbender. Now, girls have obsessed over Channing's abs in Magic Mike and Michael's bum in Shame. You've actually seen them both, up close. What would you score their assets, out of 10?
He's known for his bottom? I respect them too much to rate that. Channing has worked so hard to be taken seriously and Michael is just automatically taken seriously.

Most guys like the fact they're the stronger one — physically — in a relationship. But you're a martial arts expert and could probably beat the heck out of anyone. How has this affected your romantic relationships?
You don't know any of my ex-boyfriends. They could have been strong. My ex-boyfriend got me into Muay Thai and we would go to the gym and spar. But my relationships are private. I don't want to talk about him.

Do you ever look at people and think, "I could totally kick your butt."
If you don't like someone, of course you have that kind of thought sometimes. You kind of get violent fantasies and then you're like, "Wow! why did I do that?"

Your last professional fight ever. Who would you want to be up against and why?
The person I lost to: Cyborg. You always want to avenge that.

Give it everything

"Hold (your) arm straight up and bring your hand, held upright, close to your body. Close your fist tight and make sure you have a strong wrist. Bring your strength up through your feet, through your hips and put your body into it. You want to have a small target, so try to focus on the first two knuckles. Now give that everything."

Gina Carano
On how to throw a punch.

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Picnic pick: Pesto Potato Salad

This salad serves eight to 10. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Traditionally, potato salads are made with loads of mayonnaise, sour cream or oil. My lighter version has a delicious pesto sauce with some crunchy vegetables. It goes great as a side for any barbequed items.

1. Put potatoes in saucepan with cold water to cover; bring to a boil and cook for 20 to 25 minutes, or until easily pierced with a sharp knife. Drain and set aside.

2. Meanwhile, put basil, olive oil, pine nuts, Parmesan, garlic and salt in food processor; process until finely chopped. With the processor running, gradually add stock through the feed tube; process until smooth.

3. In saucepan of boiling water or microwave, blanch snow peas for 1 or 2 minutes, or until tender-crisp; refresh in cold water and drain. Place in large serving bowl, along with pesto, red onions, red and green peppers, corn, green onions, pine nuts and lemon juice. When potatoes are cool enough to handle, cut into wedges and add to serving bowl; toss well to combine. ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Ingredients

- 2 lb scrubbed whole red potatoes with skins on

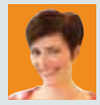
Pesto

- 1 1/4 cups fresh basil leaves
- 3 tbsp olive oil
- 2 tbsp toasted pine nuts
- 2 tbsp grated Parmesan cheese
- 1 tsp minced garlic
- 1/4 tsp salt
- 1/4 cup chicken stock

- 1 cup halved snow peas
- 3/4 cup chopped red onions
- 3/4 cup each chopped red and green peppers
- 1/2 cup corn kernels
- 2 green onions, chopped
- 2 tbsp toasted pine nuts
- 2 tbsp lemon juice

Health Solutions

Up in the spring ramp



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I recently asked a friend if she liked ramps. Her response was, "What the @$#! are they?"

Only the best thing to happen to spring in a long time. Ramps are wild leeks or wild garlic, depending on who you talk to. They grow across the country in sandy, moist hilly places, often near water. But it is illegal to forage for them in Quebec, where they are protected. Leave the foraging to the hunters and head to a farmers market this month.

Culinarily, both the leaves and bulb are edible and they taste like a cross between onions and garlic. Given their short growing season, you want to add them to just about every pasta, pizza, soup and sandwich spring brings.

Susan Quast at Quast's Garden Gate in Flesherton, Ont., is part of the Grey County Chefs' Forum. She says, "Sauté them in a little butter and then add them to a favourite recipe. You can add them to your salads, chopped with raw potent flavour. The leaves, which are less potent than the bulb, can be used as a wrapper for crab meat appetizers." THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Tips to turn the first date into many more

Dating coach. Advice from Amber Madison, a Manhattan-based relationship expert and the author of Are All Guys A–holes?

Don't talk only about yourself

So you've travelled to every continent, do something really important/prestigious and have a bunch of funny stories exhibiting how you can kill the one-liners. The problem is, no one likes to be talked at — even if it's really impressive. There can be a rush to get out all of the positive things about yourself on the first date to try to keep the other person interested. But if you're so concerned about how you're coming across, you're not actually connecting with the other person.

Don't be difficult to pin down

If your next free night is three weeks from this Tuesday, maybe this isn't the best time in your life to be starting to date someone.

Don't go out to dinner

First of all, if you're a guy this can start to add up fast. But more than that, dinner is a high-pressure situation where you're forced to keep up the conversation because there are no other distractions. This doesn't exactly lend itself to you putting your best foot forward. Instead of dinner plan an activity date.

Ask job interview questions

The things we talk about on a first date tend to do with where we grew up, went to school, or what we do for a living … all things that are painful to talk about repeatedly and don't actually get to the crux of who a person is. If you want your first date to be fun and stand out, ask things more along the lines of: what is the creepiest thing you've ever done? What's the closest you've been to getting arrested? Have discussions about getting along with siblings/parents, what you think makes a good movie, whether brunch is awesome or an over- priced breakfast.

Don't start planning your wedding

So the date went well? Awesome. But don't let your fantasies get the best of you and convince yourself that this is The One. The truth is, after one date — even a great one — you just don't know someone that well yet.

METRO

This couple's first date might be their last. Don't let that happen to you.
ISTOCK IMAGES

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The UBC Skatepark is located at the intersection of Thunderbird Boulevard and Health Sciences Mall, about five minutes from the UBC bus loop. JAMIL RHAJIAK PHOTO

UBC opens skatepark

DANIEL HENDRIKSEN
For Metro

The first on-campus skatepark in North America was recently opened at the University of British Columbia (UBC).

The park, which is open to the public, features all the elements of a state-of-the-art skatepark including jumps, banks and obstacles for skateboarders, BMX riders and in-line skaters of all skill levels.

The project is a partnership between UBC and the University Neighbourhoods Association (UNA), which represents the growing campus population of 18,000 residents.

"The UBC Skatepark is an exciting new outdoor space," Carole Jolly, UBC campus and community planning's director of transportation, said in a media release. "We have a large number of skateboarders and other action sport enthusiasts on campus and we had a unique opportunity to provide them, and the greater community, with a dynamic new space."

Giving the park a distinctive educational vibe is a concrete/steel stack of books with the Vincent Van Gogh quote "One must work and dare if one really wants to live," printed on them.

Science Rendezvous draws 500 people to KPU

More than 500 people were on hand at Kwantlen Polytechnic University's (KPU) Langley campus on May 11 for the school's 2013 Science Rendezvous.

The free event featured a chemistry magic show, state-of-the-art greenhouses, and a bug lab and marine organism show and tell. Also showcased were a host of science experiments including wireless robots, do-it-yourself rockets, dancing fire, and strawberry DNA extracting.

"I'm overwhelmed by the success of this event," Michelle Molnar, event organizer, KPU, said in a press release.

"There were so many people who helped make this event possible and I am so grateful for their hard work. Our faculty, staff and student volunteers were especially amazing and their enthusiasm for science was contagious. Everyone had a wonderful time, learned something new and will hopefully be back next year."

Science Rendezvous got its start in Toronto in 2008 and has since grown to become a national event, reaching more than 30,000 people in 22 communities across Canada. The idea behind the program is to promote community involvement and enthusiasm for science by bringing hands-on scientific activities to the public.

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Langara hosting award winner

As part of its Photography Masters Series, Langara College will be welcoming World Press photo of the year winner Samuel Aranda later this month.

Aranda, a world-renowned photojournalist, was awarded World Press photo of the year for his 2011 image of a mother holding her injured son following an outbreak of gunfire during a protest in Sanaa, Yemen.

Aranda is best known for his work in North Africa and the Middle East. However, his passion for photojournalism has taken him to the Aral Sea, India, Kosovo, South Africa, and Columbia.

Joining Aranda for his session at Langara will be his Vancouver-born partner Lindsay Mackenzie, a photojournalist herself.

Aranada and Mackenzie will be speaking at Langara's main campus on May 29 at 7 p.m. For tickets, call 604-323-5322.

BCIT introduces Interior Design degree

The British Columbia Institute of Technology (BCIT) is adding to its interior design program. Already a provider of certificate and diploma programs, BCIT will offer a bachelor of interior design.

The program is being offered in an accelerated 16-month format, with an optional eight-month co-op placement for hands-on learning. A part-time option will be offered starting in 2015.

According to program head Tiia Manson, students will be exposed to the various trades involved in the industry including construction, electrical, and plumbing.

The new degree program is necessary since the Interior Designers Institute of BC (IDIBC) will be requiring a bachelor degree in interior design as the minimum requisite education for those wishing to pursue registration in interior design as of 2015.

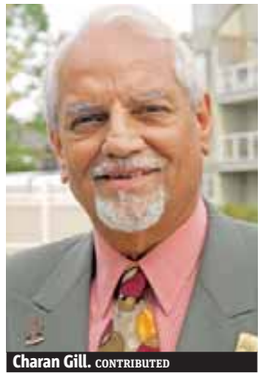
KPU. Social activist to get honorary degree

DANIEL HENDRIKSEN
For Metro

Charan Gill, social activist and founding president of Progressive Intercultural Community Services (PICS), will be presented with an honorary doctor of laws degree from Kwantlen Polytechnic University (KPU) on May 29.

Gill's career as an author and entrepreneur spans more than 40 years, and has seen him work diligently with immigrant youth, women, seniors and farm workers through countless successfully operated programs.

Those programs include the Canadian Farmworkers Union, which Gill co-founded in 1978 in an effort to improve the human rights, health and safety and employment standards of farm workers. He also co-founded the British Columbia Organization to Fight Racism, which later grew into the Canadian Anti-Racism Education and Research Society.


Charan Gill. CONTRIBUTED

"I am delighted to know that KPU is bestowing upon me the honorary doctor of laws degree in recognition of my community development work," Gill said in a media release. "It gives me great pleasure to accept this honour. This encourages me to continue our work for the community to ensure intercultural understanding and acceptance so we can all live with peace and harmony."

Douglas hosts BC Studies conference

Douglas College recently hosted a conference surrounding British Columbia's environmental and cultural transformation. The event took place at the school's New Westminster campus from May 2-4 and saw more than 130 academics from all over North America.

The theme of this year's conference was Transforming British Columbia, and as Gail Edwards, chair of the history department at Douglas, explained, the biannual event was open to the public and anyone with an interest in the province's history is encouraged to attend.

"The B.C. Studies conference, held every second year since the 1970s, is a truly interdisciplinary conference," Edwards said in a press release.

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Whitecaps striker Kenny Miller speaks with media following practice at UBC's Thunderbird Stadium in March. JENNIFER GAUTHIER/METRO FILE

Whitecaps' Miller homeward bound?

MLS. Report says Rangers FC close to a deal with Vancouver's Scottish striker

CAM TUCKER
cam.tucker@metronews.ca

Vancouver Whitecaps striker Kenny Miller could be on his way back to Scotland, at least according to a report out of his homeland.

According to a Scottish Sun story published online Sunday, a deal to bring Miller back to Rangers FC for a third time could be in place by Thursday.

Whitecaps president Bob Lenarduzzi admitted in a phone interview that he only found out about the report Monday morning.

"We as a club haven't heard anything from the Rangers and we're just following up with Kenny now," said Lenarduzzi.

"The assumption is there isn't anything new to share but we just need to touch base with Kenny to confirm that that is the case."

Speaking on Team 1040 radio Monday afternoon, Whitecaps head coach Martin Rennie dismissed the report as "just rumours."

Rennie added that Miller, a Scottish international, is "really enjoying" it in Vancouver.

With defender Jay DeMerit out with an Achilles injury, Miller wore the captain's armband in a March 9 victory over the Columbus Crew.

In November, the Whitecaps gave Miller permission to train with the Rangers.

Miller, 33, has appeared in three games for the Whitecaps this season. He has scored two goals, but has remained out of action since March 30 due to a nagging hamstring injury.

He joined the Whitecaps last summer, signing as a designated player on July 16.

He struggled mightily in his first half-season with the Whitecaps, scoring only twice in 13 regular-season games.

As per the Major League Soccer Players Union, Miller is set to make $1,132,492 in guaranteed compensation this year.

Because of his designated player status, only $368,750 counts toward this year's salary budget of $2,950,000.

The Whitecaps don't play again until May 29, when they host the Montreal Impact at BC Place stadium in the second leg of the Amway Canadian Championship.

"We're focused on getting Kenny fit and available hopefully for the Amway Voyageurs Cup on May 29," said Lenarduzzi.

CFL

Lions land receiver Arceneaux: Source

Highly coveted receiver Emmanuel Arceneaux has agreed to a deal with the B.C. Lions, a source confirmed Monday afternoon.

Arceneaux spent two seasons with the Lions in 2009 and 2010, before spending the last two years in the NFL.

Lions GM Wally Buono, who couldn't be reached for comment Monday, said last week the local CFL club would make an offer to Arceneaux, and a particularly aggressive one at that.

Arceneaux was sought after by at least four CFL teams, including the Toronto Argonauts, who were said to be making a competitive push for the receiver.

The Lions did not formally announce a deal by press time.

CAM TUCKER/METRO

NHL

NHL names three finalists for Messier leadership award

Daniel Alfredsson of the Ottawa Senators, Dustin Brown of the Los Angeles Kings and Jonathan Toews of the Chicago Blackhawks are the three finalists for the Mark Messier NHL Leadership Award.

The award is presented to the player "who exemplifies great leadership qualities to his team, on and off the ice, during the regular season."

All three players are involved in several charities in their home cities. The winner of the award is selected by Mark Messier.

THE CANADIAN PRESS

Red Wings take hold of series in Detroit

Red Wings goalie Jimmy Howard stops a shot from Blackhawks forward Viktor Stalberg on Monday night in Detroit. PAUL SANCYA/THE ASSOCIATED PRESS

The young Detroit Red Wings have made the mighty Chicago Blackhawks look vulnerable, beating them two straight times to gain an advantage in their playoff matchup as Western Conference rivals.

Gustav Nyquist and Drew Miller scored 31 seconds apart midway through the second period and Pavel Datsyuk restored a two-goal lead in the third to help Detroit beat the Chicago Blackhawks 3-1 Monday night and take a 2-1 lead in the second-round series.

Wake-up call

"It takes something like this to slap you in the face ... to really understand what adversity is and how tough the playoffs can be." Blackhawks captain Jonathan Toews

As good as the Red Wings have looked — scoring six straight goals to earn momentum in the matchup — their hard-driving coach isn't ready to celebrate.

"We haven't done anything yet," Mike Babcock said.

If the seventh-seeded Red Wings keep playing like they have, the top-seeded Blackhawks will have a long offseason to wonder what went wrong in a season that looked like it was going to be special.

On Thursday night at home in Game 4, Detroit has a shot to put Chicago on the brink of elimination.

THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If you believe in what you are doing with all your heart, nothing can stop you. The Sun is now moving through the communications area of your chart. It should make it easy to get others to do your bidding.

♉ Taurus
April 21 - May 21
If you have a secret of some sort, you must keep it to yourself today. The moment you let one person in on the details, everyone will know. Some people are such gossips.

♊ Gemini
May 22 - June 21
Although the Sun is now moving through your birth sign, it seems you are still worrying about mistakes you made in the past. Why? Yesterday is over and done.

♋ Cancer
June 22 - July 23
You must expect to be more emotional about certain things over the next few weeks while the Sun creeps through the most sensitive area of your chart. Control those emotions but don't deny them.

♌ Leo
July 24 - Aug. 23
Try to stand back from what you are doing and see the bigger picture. You have come a long way in a short space of time and it's likely that you have veered a little off course.

♍ Virgo
Aug. 24 - Sept. 23
You can sense that huge responsibilities are coming your way and no doubt that makes you want to hide under the duvet until they pass. That won't help in the slightest. Get out there and get busy.

♎ Libra
Sept. 24 - Oct. 23
You don't need to bludgeon your way to success. Libra is one of the more subtle signs of the zodiac, so find ways to get what you want without making a big noise about it — and certainly without making more enemies.

♏ Scorpio
Oct. 24 - Nov. 22
Different people will tell you different things today and if you are smart, you will ignore every last word of it. Your sixth sense is all you need to work out what is really going on.

♐ Sagittarius
Nov. 23 - Dec. 21
If you have something to say then get to the point quickly because those you deal with today won't be in the mood to listen to long explanations. Save the speeches for when you got their attention.

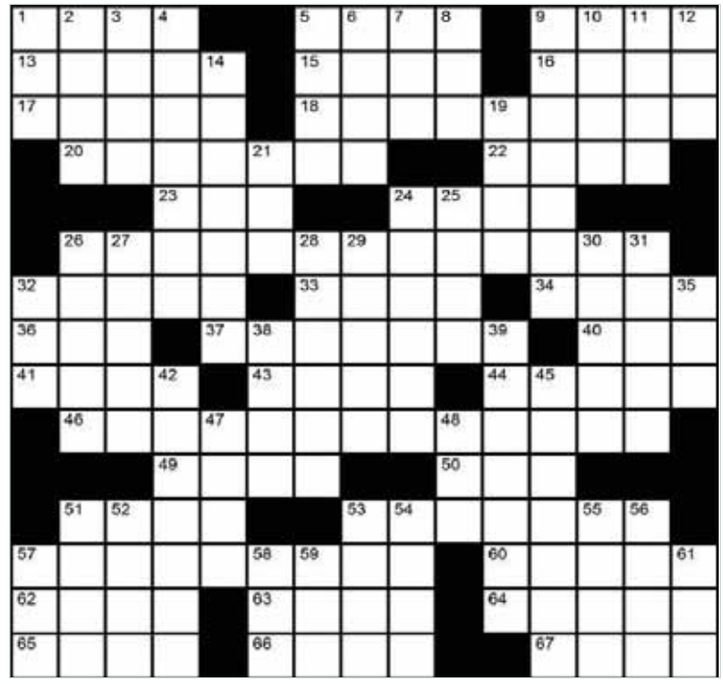
♑ Capricorn
Dec. 22 - Jan. 20
You've been so busy in recent weeks that you may not realize how much energy you have expended and how tired you are. The Sun's move through the wellbeing area of your chart urges you to slow down.

♒ Aquarius
Jan. 21 - Feb. 19
The only reason a colleague is being so critical is because they resent your success. There is nothing they can say to take away what you have earned so there is no need to fear them.

♓ Pisces
Feb. 20 - March 20
Matters close to home will take up a lot of your time over the next few days, so you will need to arrange your timetable with care so you have time to fit everything in. SALLY BROMPTON

Crossword: Canada Across and Down

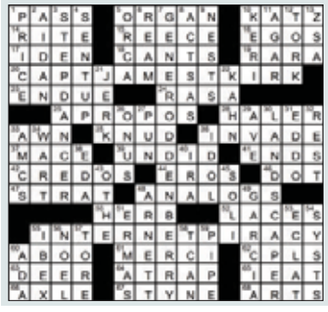
BY KELLY ANN BUCHANAN



Across
1. Comes with it, for short
5. Mr. Davis, Toronto-born broadcaster who hosted #57-Across
9. Pre-hatched chick homes
13. Ancient Greek city-state
15. Four-stringed instrs.
16. Prefix to 'script' (Written record from court)
17. Subway station's ticket area/entrance
18. Winnipeger who hosted #46-Across: 2 wds.
20. Journeys
22. Let up
23. Tee/ball/club org.
24. Gr.
26. PEI's provincial capital
32. Folk classic: "If _ __ _ Hammer"
33. Early-'80s hit: "_ __ (So Far Away)"
34. Thailand neighbour
36. Nada
37. Doesn't implement properly
40. "The Voice" network
41. Thomas Edison's middle name
43. Shipped off
44. Calculator ...when using the + sign
46. Classic game show since 1963: 4 wds.
49. Place
50. Canuck, for short
51. A birthstone for Libra
53. Pillar with a pyramid-shaped top
57. Classic Canadian quiz show, "__ __ Challenge"
60. Don't dine out: 2 wds.
62. Tenant's payment
63. Ringlet
64. Coin insertion places
65. Aquatic organism
66. Keel part
67. Disgorge

Down
1. Online ID addresses
2. Without a flat-screen, e.g.: 2 wds.
3. Greek Myth: Muse of history
4. Frog's furniture: 2 wds.
5. Seethe
6. Some old theatres
7. Poetic nightfall
8. Summer hrs. in Ottawa
9. Gasoline additive
10. Pate de foie __
11. Strong wind
12. Lorne Michaels' li'l show
14. Canadian distiller, Joseph E. __ (b.1841 - d.1919)
19. Today, tomorrow ...tiny-ly
21. 4 qts.
24. _ __ of honey
25. 'Kero' add-on (Camping lamp)
26. Relax
27. Bisect
28. Bird: French
29. Grand __ Railway
30. "A Fish Called __" (1988)
31. __ Peace Prize
32. 'Tsar' suffix (Russian empress)
35. Computer monitor [abbr.]
38. 2002 Jennifer Lopez album: 'This __ __... Then'
39. Equipment for equestrians
42. __, Georgia
45. Turndowns
47. Clay-ish stuff
48. Type of tennis serve
51. Mr. Hershiser
52. Vintage video game
53. Fiend
54. Brussels is its cap.
55. Street sign
56. Tailed toy
57. Renaissance painter, __ Angelico
58. Li'l Dell products
59. Sea diver
61. Australian state [acronym]

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			8	2			5	7
6	9			7	1			3
	1				8		7	
	5	4				1	3	
	7		4				6	
7			9	3			2	8
9	2			6	5			

Friday's Sudoku

4	7	6	1	8	2	3	9	5
3	1	8	9	5	4	6	2	7
9	5	2	6	7	3	8	4	1
5	9	3	4	2	8	1	7	6
1	2	7	3	6	5	4	8	9
8	6	4	7	1	9	5	3	2
2	3	1	8	9	6	7	5	4
7	4	9	5	3	1	2	6	8
6	8	5	2	4	7	9	1	3

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2142 Clearbrook Rd.
32915 South Fraser Way

Aldergrove
26310 Fraser Hwy.

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Brentwood Mall
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.
4711 Kingsway

Chilliwack
Cottonwood Mall
Eagle Landing Shopping Centre
7544 Vedder Rd.
45300 Luckakuck Way

Coquitlam
Coquitlam Centre
1071 Austin Ave.
2988 Glen Dr.
3000 Lougheed Hwy.
3278 Westwood St.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.
7235 120th St.

Langley
Willowbrook Shopping Centre
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19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

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Surrey
Central City Shopping Centre
Cloverdale Crossing Shopping Centre
Grandview Corners
Guildford Town Centre
Semiahmoo Shopping Centre
Sullivan Square
3189 King George Blvd.
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13734 104th Ave.

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